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Activity Line Exercise for the obese

By Laurie Burns
Exercise Physiologist

Obesity makes people susceptible to chronic disease. Regular aerobic exercise will benefit obese individuals by aiding fat loss, reducing blood pressure, lowering cholesterol and triglyceride levels, increasing HDL levels, improving glucose tolerance, and increasing work capacity.

Obese individuals should consult a physician before starting an exercise program if they are males over 40 years-of-age, females over 50- years-of-age, have two or more major risk factors, have symptoms of underlying disease or known disease.

Because obesity increases the risk for exercise-related musculoskeletal injuries, the exercise program should commence gradually and progress slowly and should be designed by a professional. Emphasis should initially be placed on the duration and frequency of exercise rather than the intensity.

The obese appear to be particularly susceptible to fainting on cessation of exercise. This response is likely to result from pooling of blood in the legs and fluid imbalance caused by low caloric intake and exercise-induced fluid loss. Fainting is best avoided by emphasizing the importance of an adequate cool-down period after exercise.



Because obese people are at an increased risk of chronic disease, education about the warning signs of overexertion are very important.

Warning signs of overexertion

- Pain or pressure in the chest, abdomen, neck, jaw or arms
- Unaccustomed shortness of breath
- Nausea
- Dizziness or fainting
- Irregular pulse, particularly when previously regular
- Extreme fatigue
- Slow recovery from exercise

Target heart rate for the obese

Use a target heart rate at the lower end (55 to 75%) perceived maximum heart rate to remain at "Fat Burning" Intensity and to allow yourself to workout longer.

Laurie Burns is an Exercise Physiologist and operates Work That Body Fitness Programs Inc. in Georgetown.



The Georgetown Timeout/M.V.P. softball team, "D" Division winner in a Parry Sound-area tournament over the weekend. Front row, from left; Dave Wood, Jeff Wood, Tony Hodgson, Rob Shewell and Terry Waldrum. Standing at rear, from left; Bill Rivers, Andrew Braun, John Wheeler Curtis Gresswell (coach and manager), Jeff Gresswell, Brad McCashew, Rob Rivers and John Rivers. photo submitted

Timeout/M.V.P win "D" championship

Georgetown's Timeout/M.V.P recreational slo-pitch team took the "D" division championship this past weekend in a tournament staged in Humphry and Rosseau, just south of Parry Sound.

The tournament featured 32 teams comprised of local teams and teams from

Collingwood, Ottawa and Georgetown.

After losing their first two games, Timeout/M.V.P. went on to win the next four to capture the championship.

Timely home run hitting was displayed by Andrew Braun (The Shack) and a great Devon White-type sliding

catch was made by Rob(Lube) Rivers.

Those involved would like to thank sponsors Timeout Roadhouse and M.V.P Distributors. The hospitality at the "Woods" resort on Lake Isabella was greatly appreciated, according to team members.

Minor hockey players suffering

By Rod Beaumont

Now that the hockey wars are on the horizon, a few questions must be asked. Coaches in the OMHA ask what happens to the \$60 piece of paper from the CAHA for a coaching level if we are no longer affiliated with them.

Does this mean nothing and can minor hockey groups in the OMHA be questioned if someone wishes to coach who doesn't hold one of these coveted certificates?

Referees ask, are we only allowed to officiate within the OMHA or can we go outside to other organizations as we have before?

It's known that OMHA teams cannot play outside the organization and that teams from outside cannot play against OMHA teams but coaches are lucky. That wondrous piece of paper they hold from the exalted-ruling CAHA lets them go anywhere they wish in Canada.

It's a sorry sight when hockey players of high caliber must remain within their organizations due to a power struggle among hockey mag-

Rodent's Racket

nates when coaches, although skilled and talented, may wander freely. Makes me go Hmmm.

We are 10 days away from the start of the NFL season and for the first time in years, programs are required to see who plays for whom. Montana's Chiefs, Lewis' Packers, McMahon's Vikings and Boomer in New York don't seem to be poetry to the ears. But look again.

Free agency took its toll over the off season and parity among teams looks to be greater than last year - a pool player's nightmare.

Here's hoping for an exciting '93 season.

Do you have a topic for discussion or an opinion on the past week in sports? Write me care of Halton Hills This Week, 232 Guelph St., Georgetown or phone 873-2254. If it makes me go Hmmm, I'll include it in my column.

Charity tournament

The Toronto Hospital for Sick Children Foundation and the North Halton Association for the Developmentally Handicapped will be the beneficiaries in a Women's 3-Pitch Tournament this Saturday at Glen Williams Ballpark.

The tournament, which runs from 8 a.m. to 8 p.m., is being staged by Curwood Flyers and United Rent-All hockey clubs in co-operation with the Ladies Powder Puff League.

Sixteen teams will participate, with \$900 in prize money up for grabs.

Applications for teams are available at M & M Pro Sports and MVP Distributors in Georgetown.

Sponsors of the tournament include: Seagram Distillers Ltd., Labatt Breweries and George Brown College Butcher School.

For further information regarding the tournament, contact Andy Broadbent at 873-7518 or Bill Taylor at 873-1253.

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